

Lesson Plans

Teacher: Muna Osioma

Date: Sept. 13-17

Elementary P.E. (Kinder. - 5th grade)

Objective SWBAT:

- Basketball
- Work on Motor/ movement skills
- Work on ball handling
- Work together to achieve common goals

Monday Sept. 13 (5th grade)

Warm up

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

-Activity: Hoop It Up- Ball Handling skills

A. Pretzel Catch: Stand with legs spread, knees bent, and the ball placed on the ground between the feet. Touch the front of the ball with the right hand; the left hand reaches around the left leg and touches the back side of the ball. Quickly change the position of the hands.

B. Hand it to Me, Partner: Students stand back-to-back with a partner, and exchange (hand) the ball from side-to-side with partner. To exchange, students with the ball turn to the right as their partner turns to the left. Students should immediately turn in the opposite direction and exchange the ball again.

C. Mummy Wrap: Hold the ball with both hands at waist level, legs together. Students "wrap" themselves by moving the ball from 1 hand to the other in a circle around the waist, legs, shins, and ankles.

D. Weaves: Stand with legs spread, knees bent, and the ball placed on the ground in front of the feet. Roll the ball through the legs and around the other leg and back to the front.

Cool Down

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.

Tuesday Sept. 14 (1st grade)

Warm up

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

-Activity: Hoop It Up- Ball Handling skills

A. Pretzel Catch: Stand with legs spread, knees bent, and the ball placed on the ground between the feet. Touch the front of the ball with the right hand; the left hand reaches around the left leg and touches the back side of the ball. Quickly change the position of the hands.

B. Hand it to Me, Partner: Students stand back-to-back with a partner, and exchange (hand) the ball from side-to-side with partner. To exchange, students with the ball turn to the right as their partner turns to the left. Students should immediately turn in the opposite direction and exchange the ball again.

C. Mummy Wrap: Hold the ball with both hands at waist level, legs together. Students “wrap” themselves by moving the ball from 1 hand to the other in a circle around the waist, legs, shins, and ankles.

D. Weaves: Stand with legs spread, knees bent, and the ball placed on the ground in front of the feet. Roll the ball through the legs and around the other leg and back to the front.

Cool Down

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.

Wednesday Sept. 15 (Kindergarten)

Warm up

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher’s command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

-Activity: Hoop It Up- Ball Handling skills

A. Pretzel Catch: Stand with legs spread, knees bent, and the ball placed on the ground between the feet. Touch the front of the ball with the right hand; the left hand reaches around the left leg and touches the back side of the ball. Quickly change the position of the hands.

B. Hand it to Me, Partner: Students stand back-to-back with a partner, and exchange (hand) the ball from side-to-side with partner. To exchange, students with the ball turn to the right as their partner turns to the left. Students should immediately turn in the opposite direction and exchange the ball again.

C. Mummy Wrap: Hold the ball with both hands at waist level, legs together. Students “wrap” themselves by moving the ball from 1 hand to the other in a circle around the waist, legs, shins, and ankles.

D. Weaves: Stand with legs spread, knees bent, and the ball placed on the ground in front of the feet. Roll the ball through the legs and around the other leg and back to the front.

Cool Down

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Thursday Sept. 16 (3rd & 4th Grade)

Warm up

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

-Activity: Hoop It Up- Ball Handling skills

A. Pretzel Catch: Stand with legs spread, knees bent, and the ball placed on the ground between the feet. Touch the front of the ball with the right hand; the left hand reaches around the left leg and touches the back side of the ball. Quickly change the position of the hands.

B. Hand it to Me, Partner: Students stand back-to-back with a partner, and exchange (hand) the ball from side-to-side with partner. To exchange, students with the ball turn to the right as their partner turns to the left. Students should immediately turn in the opposite direction and exchange the ball again.

C. Mummy Wrap: Hold the ball with both hands at waist level, legs together. Students "wrap" themselves by moving the ball from 1 hand to the other in a circle around the waist, legs, shins, and ankles.

D. Weaves: Stand with legs spread, knees bent, and the ball placed on the ground in front of the feet. Roll the ball through the legs and around the other leg and back to the front.

Cool Down

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.

Friday Sept. 17 (2nd Grade)

Warm up

Students start on the baseline and walk down the court lifting legs high with a bent knee so they can clap under leg. On teacher's command they can change from clapping under leg to clapping over leg or lightly slap the top of knees as they lift their legs.

-Activity: Hoop It Up- Ball Handling skills

A. Pretzel Catch: Stand with legs spread, knees bent, and the ball placed on the ground between the feet. Touch the front of the ball with the right hand; the left hand reaches around the left leg and touches the back side of the ball. Quickly change the position of the hands.

B. Hand it to Me, Partner: Students stand back-to-back with a partner, and exchange (hand) the ball from side-to-side with partner. To exchange, students with the ball turn to the right as their partner turns to the left. Students should immediately turn in the opposite direction and exchange the ball again.

C. Mummy Wrap: Hold the ball with both hands at waist level, legs together. Students “wrap” themselves by moving the ball from 1 hand to the other in a circle around the waist, legs, shins, and ankles.

D. Weaves: Stand with legs spread, knees bent, and the ball placed on the ground in front of the feet. Roll the ball through the legs and around the other leg and back to the front.

Cool Down

Students perform a light warm down by slowly jogging four lengths of the basketball court. Then they can walk two more lengths before finishing off with walking one length backwards. As the students are finishing off their warm down, I will ask questions to review some of the key teaching points of the day.